

ANNUAL NARRATIVE REPORT

APACHE COUNTY
ARIZONA

DECEMBER 1, 1943

to

AUGUST 17, 1944.

By

Alice F. Beesley
Home Demonstration Agent

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Alice F. Beesley
Home Demonstration Agent
Apache County 1944

SUMMARY OF STATISTICAL AND NARRATIVE REPORTS
HOME DEMONSTRATION AGENT
Apache County, August, 1944.

The work of the Home Demonstration Agent for the period beginning December 1, 1943, and ending August 17, 1944, in Apache County, consisted of 46 days in adult work and 3 days in 4-H Club work. Of this time 25 days were spent in the office doing organization work and 24 days were devoted to demonstrations and activities in the field. Sixteen method demonstrations were given, with 162 homemakers in attendance. No 4-H Clubs were organized, due to the inability to secure leaders who could carry the projects on during the two months leave when the Home Demonstration Agent was out of the County office.

Mrs. Martha E. Fees, Emergency Assistant in Food Preservation, was in the Navajo and Apache County offices for six weeks during the absence of the Home Demonstration Agent; and during that time she conducted 8 pressure cooker clinics and checked the gauges and release valves on 114 cookers in Apache County.

No State nutrition or clothing specialist was in the County office during the current year. The Clothing Specialist, Lorene Dryden, gave the Home Demonstration Agent the demonstration and literature on Washing Fine Fabrics, and she, in turn, gave the meeting to local leaders and groups. Clothing demonstrations carried out from December to August were as follows: Washing Fine Fabrics, Care of Bedding, Dress Forms, and Pressing at Home. Approximately 61 homemakers were given assistance in clothing problems.

Demonstrations and information presented to homemakers in the County on the subjects of Foods and Nutrition were: Planning the Garden to Fit the Family Needs, Pressure Cooker Clinics, Vegetable Selection and Preparation, Cheese Making at Home. A total of approximately 175 homemakers were assisted in some phase of food and nutrition work.

Health and Safety work was presented to 85 homemakers on the subjects of Accident Prevention and the home Medicine Chest.

Alice F. Beesley
Home Demonstration Agent
Apache County 1944

ANNUAL NARRATIVE REPORT

Agricultural Extension Service
Apache County, Arizona

Alice F. Beesley
Home Demonstration Agent

GENERAL ACTIVITIES:

The Home Demonstration Agent has spent six and one-half months in the County Office and doing Extension field work in Navajo and Apache Counties, with the exception of two months leave from May 15 to July 15, 1944. During her absence Mrs. Martha E. Fees, Emergency Assistant in Food Preservation, was in the office, and spent 11 days with adult work in Apache County. During this time she conducted 8 pressure cooker clinics and checked 114 cookers. The Home Demonstration Agent devoted 46 days to adult work and 3 days to 4-H Club work. Due to inability to get leaders who could carry on 4-H Club work during her absence, no 4-H Home Economics projects were carried out this year.

Adult clubs have been active in seven communities. The major work carried on in some of these has been the Food Preservation programs, with emphasis on clinics for checking pressure cooker gauges and release valves.

The Home Demonstration Agent has conducted 16 method demonstrations, with 162 homemakers in attendance. Subject matter for these demonstrations was Holiday Dinners, Accident Prevention, Home Medicine Chest, Washing Fine Fabrics, Care of Bedding, Dress Forms, Baking Powders, Cheese Making, and planning the garden for the family needs.

The Home Demonstration Agent attended the Annual Agricultural Extension Conference in January, 1944, at Phoenix. Also during January she went to the USDA Conference on Home Food Preservation in Chicago. Following the Chicago Conference she reported on subject matter to the other Home Demonstration Agents and State office staff at meetings in Tucson and Phoenix, and to the Home Economics workers who attended the State Home Economics Convention in Phoenix.

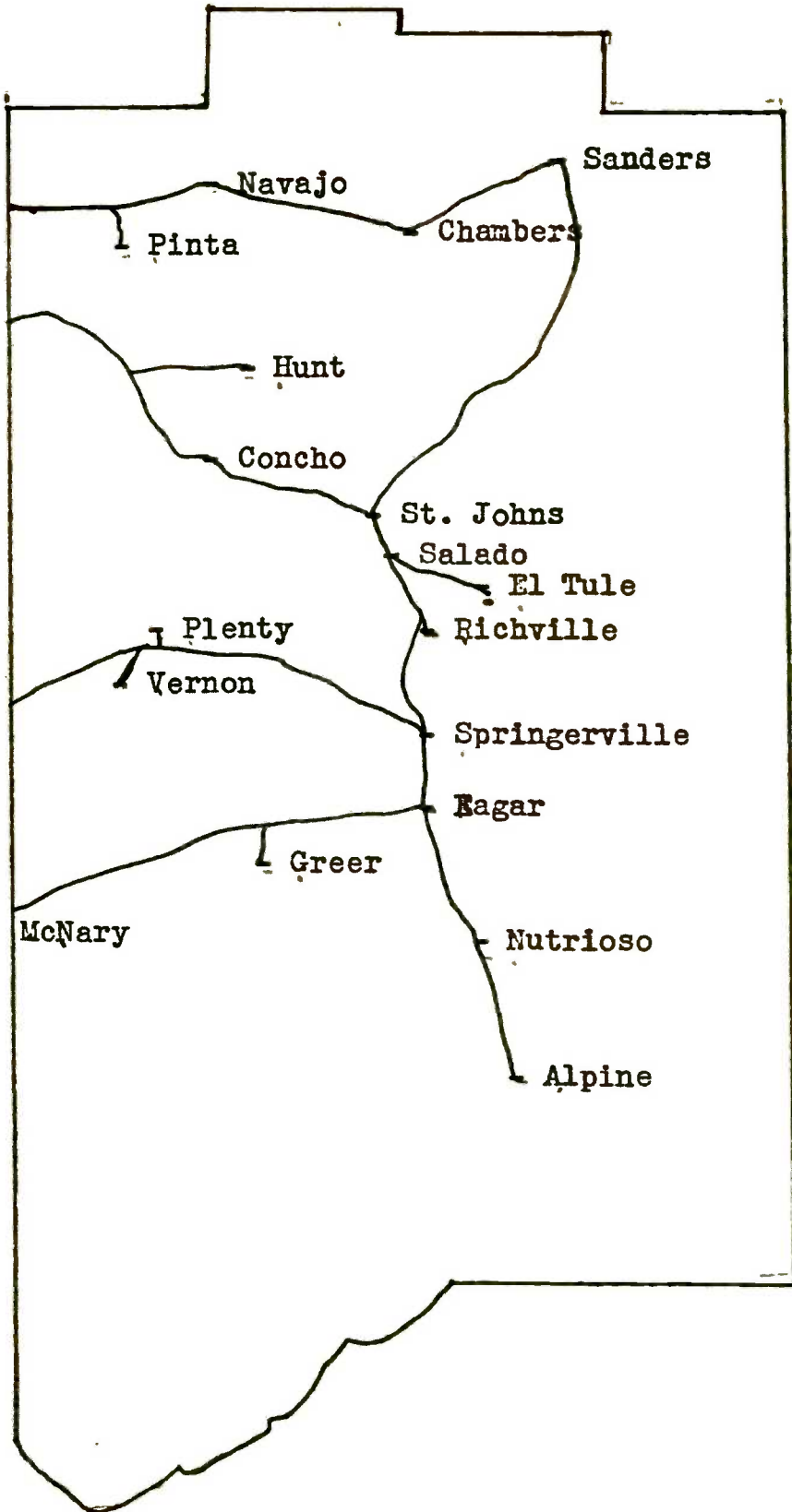
At the Home Demonstration Agents Planning Conference in Prescott on July 25 to 27, projects for the remainder of the current year were arranged, so as to carry on the program whether or not there will be an Home Demonstration Agent in the County office.

Projects which will be carried on from August, 1944, to June, 1945, are as follows: Hot water bath canning, Food for the Sick, Household Pests, Children's Clothing, Clothing Accessories, and Vegetable Cookery.

On page 5 is a map of Apache County, showing communities in which Extension work has been conducted with adults.

Alice F. Beesley
Home Demonstration Agent
Apache County 1944

MAP OF APACHE COUNTY
(South of the Indian Reservation)



Extension Groups

St. Johns
Springerville
Eagar
Nutrioso
Alpine
Puerco
Pinta
Navajo
Chambers
Sanders

4-H Clubs

~~St. Johns~~
~~Springerville~~

Neighborhood Leaders

Sanders
Chambers
Navajo
Pinta
Concho
Hunt
St. Johns
El Tule
Salado
Richville
Vernon
Plenty
Springerville
Eagar
Greer
Nutrioso
Alpine

Block Leaders

McNary

EXTENSION ORGANIZATION AND PLANNING:

Twenty-six days of the Agent's time were spent in organization. This time includes office time spent on preparation for demonstrations, monthly reports, and time spent attending informative and planning conferences. No County planning meeting was held this year, due to difficulties encountered in travel for homemakers. Program planning has been carried on almost entirely by consulting local leaders and groups. Projects on Care of Clothing, Food Preservation, and Accident Prevention have been conducted thus far. Those to be conducted are on the subjects of Food for the Sick, Children's Clothing, and Vegetable Cookery.

Mrs. Martha E. Fees, Emergency Assistant in Food Preservation, was in Apache County 11 days during the absence of the Home Demonstration Agent, and conducted 8 pressure cooker clinics and checked 114 gauges and release valves.

The Home Demonstration Agent's field and office time is summarized below:

Days in office	25
Days in field	24
Home visits	44
Office calls	17
Telephone calls	10
News articles	3
Bulletins distributed	593
Extension meetings	17
Attendance at meetings	169

Alice F. Beesley
Home Demonstration Agent
Apache County, 1944

NUTRITION AND HEALTH:

Home Production:

In April the Home Demonstration Agent prepared the circular on pages 10, 11, 12 on "Planning the Garden to Fit the Family Needs." This was compiled using for references current information from Government releases on foods and gardens. This circular was mailed to 135 homemakers in Apache County, and one club used it as a basis for study and planning of the garden so as to fit the family needs through the use of fresh vegetables and as stored, canned, dried or brined foods.

Food Preservation:

Mrs. Martha E. Fees, Emergency Assistant in Food Preservation, spent 11 days, and the Home Demonstration Agent 5 days, in Apache County, on Food Preservation. Mrs. Fees' time was devoted to conducting clinics for checking pressure cooker gauges and release valves. One hundred fourteen cookers were checked in the 8 communities in which she worked. Plans are under way for her to conduct two demonstrations on hot water bath method for canning fruits, tomatoes and juices.

The Home Demonstration Agent attended four conferences on Home Food Preservation. January 13 to 16, 1944, she attended the USDA conference at Chicago, and then reported to the State Extension staff and Home Demonstration Agents at Conferences in Phoenix and Tucson. These conferences also consisted of clinics on pressure cookers and can sealers. Margaret Cammack Smith and Dr. Caldwell contributed to the conference by giving reports on findings relative to the nutritive value of dehydrated foods and types of food spoilage, and the dangers of poisoning from canned foods. A report on the Chicago conference was also given to the Home Economics workers at the State Home Economics Convention in April at Phoenix.

The Community Canning Center in St. Johns opened in July with a school of instruction for cooperators. Mr. Reed and Mrs. Peters from the War Food Administration office in Phoenix conducted the school, and the Home Demonstration Agent was in attendance one day. Mr. Reed reported that the canning center in Eagar expects to open the last of August, or as soon as all equipment is ready.

The day the Home Demonstration Agent attended, the class canned apricots by the hot water bath method; and beets, beet tops, spinach, chard and green beans in the reports. The instructions given to the class were well or-

ganized, and complete cooperation was evident. On the previous day the class had been given instructions, and the demonstration had been carried out for their benefit; and on the day the Home Demonstration Agent was there, actual canning was being carried on, and the different homemakers were being taught how to control and run all equipment in the Center. The major difficulty which made itself apparent at this Canning Center was the pressure of the water supply. At intervals no water could be secured from the faucets, due to overloading in that section of the town on the small water main. Mr. Reed was attacking this problem, with plans to connect up with a larger main, if the High School puts one in. The possibility of a well for the Canning Center was discussed, but this would be very expensive.

Mrs. Fees distributed canning record sheets to homemakers having pressure cookers, and these records will be collected by local canning leaders and returned to the County and State offices for filing and recording.

Requests for information on cheese making and storing butter were filled. A few requests were also filled on methods and processes recommended for curing meats.

Food Selection:

Four days were spent on food selection and preparation, with assistance being given to approximately 195 homemakers. This assistance was mostly on the subject of holiday dinners, with emphasis on the selection and preparation of the fowl. Planning the menu for a well-balanced dinner was also included.

Different ways of preparing green and yellow vegetables for variety in serving was discussed at two different club meetings.

Health and Safety Work:

Five days were spent conducting meetings in 4 communities on Accident Prevention and the Home Medicine Chest. The literature prepared by A. B. Ballantyne on preventing accidents in the home was used, and the homemakers checked ways in which a homemaker could repair equipment so as to prevent accidents and misfortunes in and around the home. Each homemaker was asked to keep a record of all accidents which may occur and to report these in May. Common causes of accidents about the home where the demonstration was held were discussed, and suggestions made as to repairs or rearrangement of equipment, so as to make the premises safer.

The Home Medicine Chest was discussed in relation to the handling of medicines in the home and the necessity of keeping the chest in a safe place, as well as the clearing of it occasionally to remove old medicines and prescriptions. The circular on the Home Medicine Chest was given to each person present, and attention drawn to the list of equipment and uses of the drugs.

Alice F. Beesley
Home Demonstration Agent
Apache County 1944

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona

University of Arizona
College of Agriculture and
U.S. Department of Agriculture
Cooperating.

Agricultural Extension Service
Navajo and Apache Counties
Alice F. Beesley

1944

PLAN YOUR GARDEN

A Victory gardening family that still has planting to do may want to start its canning arithmetic by figuring on growing enough to eat and enough to put up. Here are approximate figures suggesting the number of feet of garden row it takes to yield one bushel. These figures are based on average yields. Good yields should do much better, but it is safer to count on conservative estimates.

Pole snap beans	50 feet	Carrots	50 feet
Bush snap beans	100 feet	Spinach	100 feet
Lima beans	150 feet	Other greens	50 feet
Beets	50 feet	Tomatoes	50 feet

ARITHMETIC AID FOR HOME CANNERS

"How many jars of food may I expect to can from a fruit or vegetable as bought or picked?" That's the home canner's arithmetic problem. By figuring answers beforehand you can better plan your work. You can judge how many jars and other supplies to have on hand and avoid the dilemma of bringing into the kitchen more fresh food than you can use in one canning season.

To help homemakers figure approximate yields of canned food from fresh food the U.S. Department of Agriculture offers the table on the following page, with the reminder that legal weight of a bushel varies in different States and that weights given here are average.

CANNING ARITHMETIC

Apples	1 bu. (48 lbs.) yields 16 to 20 qt. 2½ to 3 lb. yield 1 qt.
Beans, lima, in pods	1 bu. (52 lb.) yields 6 to 8 qt. 4 to 5 lb. yield 1 qt.
Beans, snap	1 bu. (30 lb.) yields 15 to 20 qt. 1½ to 2 lb. yield 1 qt.
Beets, without tops	1 bu. (52 lb.) yields 17 to 20 qt. 2½ to 3 lb. yield 1 qt.
Berries, except straw-berries	24-qt. crate yields 12 to 18 qt. 5 to 8 cups yield 1 qt.
Carrots, without tops...	1 bu. (50 lb.) yields 16 to 20 qt. 2½ to 3 lb. yields 1 qt.
Cherries, as picked	1 bu. (56 lb.) yields 22 to 32 qt. 6 to 8 cups yield 1 qt.
Corn, sweet, in husks	1 bu. (35 lb.) yields 8 to 9 qt. 6 to 16 ears yield 1 qt.
Grapes	1 bu. (48 lb.) yields 16 to 20 qt. 2½ to 3 lb. yield 1 qt.
Greens	1 bu. (15 lb.) yields 6 to 9 qt. 2 to 3 lb. yield 1 qt.
Peaches	1 bu. (48 lb.) yields 18 to 24 qt. 2 to 2½ lb. yield 1 qt.
Pears	1 bu. (50 lb.) yields 20 to 25 qt. 2 to 2½ lb. yield 1 qt.
Peas, green, in pods ..	1 bu. (30 lb.) yields 12 to 15 pts. 2 to 2½ lb. yield 1 qt.
Plums	1 bu. (56 lb.) yields 28 to 40 qt. 1½ to 2 lb. yield 1 qt.
Squash	1 bu. (40 lb.) yields 16 to 20 qt. 2 to 2½ lb. yield 1 qt.
Strawberries	24-qt. crate yields 12 to 16 qt. 6 to 8 cups yield 1 qt.
Sweetpotatoes, fresh...	1 bu. (55 lb.) yields 18 to 22 qt. 2½ to 3 lb. yield 1 qt.
Tomatoes	1 bu. (53 lb.) yields 15 to 20 qt. 2½ to 3 lb. yield 1 qt.

PLAN FOR YOUR FAMILY

Plan for canning as you plan and plant your garden. In families depending heavily on home-canned food, 100 quarts per person, or more, are put up as the usual supply. This includes fruits home-grown or purchased. A boiled-down average budget for one person, giving good variety, and a range of quantities are:

Tomatoes, 25-35 quarts

Fruits, 6 to 8 kinds,
and 25-35 quarts

Greens and other vegetables,
6 to 8 kinds, 25-35 qts.

Fruit juices, 5-10 quarts

This quantity of canned food -- or its equivalent brined, dried, or stored -- would supply enough of these foods for a good diet for 30 weeks for one person.

Plans for my family of _____ persons.

FOOD	GARDEN ROW	CAN	STORE
Tomatoes			
Greens and other vegetables			
Fruits			
Fruit juices			

HOME MANAGEMENT:

Work in home management has been of a miscellaneous nature. One meeting was held on the care of bedding, and at this time control of insects, including bedbugs, was discussed.

The Puerco Homemakers requested demonstrations on the reaction of baking powders and on scouring powders. This was given, and was demonstrated by using samples of 7 kinds of baking powder and 9 kinds of scouring powder. The only kinds used were those which could be obtained at local markets.

A few individual homemakers were given assistance on cleaning and adjusting sewing machines upon request.

A demonstration was held in Springerville, with seven homemakers present, on the subject of work surfaces and heights, as well as arrangements of kitchen equipment. The women seemed very much interested in this subject, and we were fortunate in that the meeting was held in a home which had a variety of heights of work surfaces and several possibilities for arrangement of kitchen equipment. Each homemaker was asked to bring a list of her kitchen work surfaces and the height of each. This added to the general discussion and aided in answering individual questions on work surfaces and the kind of kitchen equipment which would save steps.

Alice F. Beesley
Home Demonstration Agent
Apache County 1944

CLOTHING AND TEXTILES:

Four demonstrations were held in Apache County on Washing Fine Fabrics. This was the last of the series of demonstrations on conservation of clothing to be given in the County. Other projects on this subject given in the past were: Fabric identification, dry cleaning, mending, and pressing. One local leader, Mrs. Rebecca Butler, of Eagar, reported giving the demonstration on "Pressing at Home" to a group of 19 homemakers. Mrs. Gibbons, who had also attended the demonstration on pressing given by Miss Dryden in St. Johns during November, demonstrated the pressing of a suit. Other information on pressing dresses and coats was discussed, and a number of homemakers cut out and made pressing equipment, such as the tailor's cushion and the pressing mitt.

In the demonstration on Washing Fine Fabrics the fabric content, necessity for testing for wool and rayon, and care in the handling were emphasized, as well as the importance of temperature of water and proper use of washing powders and flakes.

Demonstrations were held in two communities on dress forms. A complete form was made at each of the meetings, and careful instructions given for the use of the form in making garments. Seam lines were placed on the forms, and where possible, the owners will secure jersey materials and make fitted covers for the forms.

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Home Demonstration Agent
Apache County 1944

4-H CLUB ACTIVITIES:

No Home Economics projects have been organized or carried out in Apache County this year. This was due to inability to get local leaders who could carry the projects on during the absence of the Home Demonstration Agent from May 15 to July 15, 1944.

COOPERATION WITH OTHER AGENCIES:

Mrs. Atella Haws and the Home Demonstration Agent held a conference on the subject of County Nutrition work. Mrs. Haws has contacted her local County Chairmen by correspondence, and discussed local nutrition work with them at intervals when she has made trips to Round Valley. Mrs. Haws feels that the local leaders have been very cooperative, but that it has been difficult to secure enthusiasm due to distances and a feeling of insecurity, or a feeling that the local leaders do not have sufficient background to take the initiative in sponsoring new nutrition projects in their communities.

Mrs. Martha E. Fees, Emergency Assistant in Food Preservation, cooperated with the OPA on information relative to sugar rationing.

Cooperation with the War Board on approval of applications for rationed pressure cookers was concluded in December, 1943.

Alice F. Beesley
Home Demonstration Agent
Apache County 1944

SUPPLEMENTAL NARRATIVE REPORT
HOME DEMONSTRATION WORK
APACHE COUNTY - 1944

NUTRITION AND HEALTH:

Food Selection and Preparation:

In September, Jean M. Stewart, State Leader, and Ruth H. Cook, Emergency Food Assistant of Yavapai County, spent 2 days in the County and gave two method demonstrations on "Food for the Sick." The meetings were held in the two communities of St. Johns and Chambers, with a total attendance of 26.

At each meeting, the State Leader led a preliminary discussion on health conditions in each specific community, and presented suggestions for community post-war health planning.

Following this discussion, the demonstration was given, with the women preparing recipes to be used particularly on a soft diet. Suggestions for tray service were given.

Each group requested the pattern for the triangular pillow, and will receive this when the new Home Demonstration Agent starts work in the County.

Ruth H. Cook
Emergency Food Assistant